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## Featured interviews for May include:



**Gay Hendricks**  
Best-selling author of *"The Big Leap"* discusses shifting the consciousness around our old fears and patterns. MAY 7, 7-8 am

**Raymond Francis**  
Bio-scientist and author of *"Never Be Sick Again"* talks about the importance of alkalizing the body. MAY 8, 7-8 am



**Mada Dalian**  
Internationally famous healer and author of *"In Search of the Miraculous"* talks about surrender, fear, death, and how to prepare for 2012. MAY 11, 7-8 am



**Duane Elgin**  
Visionary author of *"The Living Universe"* discusses: Where We Are, Who We Are, and Where We're Going! MAY 27, 7-8 am

# Practice Seeing the Truth

By Karen Mehringer

"Enlightenment is but a recognition, not a change at all."  
– A Course in Miracles

Many wisdom traditions teach that to be enlightened, we must recognize our own true nature as divine and see it in our brothers and sisters. Therefore, enlightenment is not something to be attained, but a state of remembering who we already are as divine love and light, as one with God and each other.

The most direct path to enlightenment is to see all beings, including ourselves, as pure and innocent. When we see the God essence in another, it reinforces it within ourselves and the love and light within us expands.

Many of us have had moments of such revelation, seeing the divine beauty in another and in the perfection of life. These moments are blissful, but often fleeting because the ego is strong. It does not want us to remember the truth of who we are. It wants us to believe we are separate and therefore "special." Thus, it takes practice to see beyond the illusion of separation to the truth of oneness.

As we practice seeing the truth, amazing and miraculous things begin to happen. For example, the other day, as my car was stopped at a light, I noticed a homeless man on the street corner holding up a sign asking for financial assistance. I decided to give him a few dollars and thought, "This is a good opportunity for me to practice seeing the divine in this stranger." When he came up to my car, I gave him the money, a huge smile and said, "God bless you." Smiling, he replied, "Aren't you beautiful." An incredible sensation of love washed over me. In an instant, this man was no longer a stranger, but became God. I felt the unity of our connection and drove away in awe and bliss.

Every moment, we have a choice. We can buy into and feed our egoic fears which stem from our belief in separation, or we can feed the truth which is our oneness with God and all of life. As we see beyond the illusion to the truth of who we really are, we are freed from our fears and can experience infinite and everlasting peace. Here is a simple prayer you



can say every day to assist with this process:  
"Spirit, assist me to forgive all judgments towards myself and others. Help me to see beyond the illusion of separation to the truth of love and oneness. Amen."

As we choose to see the truth in our oneness and connection with all of life, it is reflected back to us. Instead of judging the person who cut you off on the freeway, say "Hello, God" and smile. At the core, that person is no different than you and me. And, the love and forgiveness that you extend will return back to you multiplied.

"As the ego would limit your perception of your brothers to the body, so would the Holy Spirit release your vision and let you see the great rays shining from them, so unlimited that they reach to God."

– A Course in Miracles

Karen is an author, inspirational speaker, psychotherapist and life transformation coach. For more information go to: [www.LiveAPurposefulLife.com](http://www.LiveAPurposefulLife.com).

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